

### Healthy Kids Act

### **Nutritional Content Standards**

### At a Glance

# F0005

Nutrient	Entrée	\$ide	
Calories	≤ NSLP entrées* or ≤ 400 calories	≤ NSLP sides* or ≤ 200 calories	
Sodium	≤ NSLP entrées* or ≤ 600 mg/item (≤ 480 mg/serving in 2014)	≤ NSLP sides* or ≤ 400 mg/serving (≤200 mg/serving in 2014)	
Saturated Fat	≤10% calories (excluding reduced-fat cheese)		
Trans Fat	≤0.5 gm/serving		
Total Fat	435% calories (excluding nuts, seeds, nut butters, and reduced-fat cheese)		
\$ugar	≤35% calories (excluding fruits and yogurts)		
Dietary Fiber/ Whole Grain	50% of grains offered must be whole grain (primary ingredient by weight)		

F0005

<sup>\*</sup>NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

<sup>\*\*</sup>Schools and school districts that offer a la carte, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.



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# BHYHRAUM's

Beverage	Elementary	Secondary	
	Low-Fat/Non-Fat Regular		
	Low-Fat Non-Fat Flavored,		
Milk	no non-nutritive sweeteners		
MIIK	≤27 gm sugar/8 oz (2014)		
	≤24 gm sugar/8 oz (2017)		
	≤22 gm sugar/8 oz (2020)		
100% Juice	Allowed, but no added sweeteners.		
Water	Allowed, but no added		
water	non-nutritive sweeteners.		
Sports Drinks, Flavored Water	Not allowed.	Allowed.	
Caffeinated Beverages	Not allowed.	Allowed.	
Sodas/Carbonated Beverages	Not allowed.		

BHYHRAUM'S

Please use the Healthy Kids Act Nutrition Calculator, located at <a href="https://www.tinyurl.com/lowa-HKA">www.tinyurl.com/lowa-HKA</a> to ensure specific products meet the Nutritional Content Standards.